



## Cassandra Washington

Content Creator, Traveler, Author, Freelance Writer

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*Sustah-Girl*  
CHRONICLES



### About the Blog

Sustah-Girl Chronicles is a place for Baby Boomer and Gen X women to connect, collaborate, and communicate. It is a place to learn about travel, wellness, following one's passion, and living life to the fullest. It's where we celebrate travel adventures, promote healthy life experiences, share resources, and more.

Sustah-Girl Chronicles is where the adventures of life after 50 is explored and celebrated.

### About Cassandra Washington

For many years Cassandra served as an educator in public schools. After she retired, she was determined to follow her passion to travel, write, and develop a sisterhood among women. Like many women, Cassandra discovered that it was time to do all those things that were on the backburner for many years. In 2017, she created the blog to share and receive knowledge of life's experiences, travels, successes, and wisdom.

Cassandra is a content creator, author, educational consultant, instructional designer, and life coach. She currently lives in Illinois where she enjoys photography, traveling, writing, the outdoors, and sipping great wine. Her goal is to spread the joy of sisterhood and promote wellness through a healthy lifestyle and travel.

## **Freelance Articles and Content**

[The Best Things to do in Chicago from an Insider](#)

[Six Key Things to Know About Jordan Culture](#)

[Best Galapagos Islands to Visit](#)

## **YouTube Videos**

[Dear Brands: A Video Letter to Brands](#)

[Journey to Jordan](#)

[Discover Egypt](#)

[Cartagena, Columbia](#)

[Dubai](#)

## **Partnerships & Collaborations**

Hampton, Virginia

Champaign, Illinois

Metropolitan Touring

Hurtigruten Expeditions

Black Travel Alliance

## **Markets**

Women (Baby Boomers & Generation X)

College Educated Women

Ages 50 and Above

Income Level \$60K and up

## **Services**

- Sponsored Posts
- Product Reviews
- Freelance Writing
- Affiliate Advertising
- Public Speaking
- Social Media Promos
- Ambassadorships
- Partnerships

### **Instagram Rates**

Sponsored Post     \$600

Reel                     \$500

Instagram Story.     \$250

All other services contact me  
for rates.

## **Let's Work Together!**

Get your brand in front of a powerful consumer spending group! Send me an email and we can discuss which opportunities work best for you and your budget.  
**sustahs@sustah-girl.com.**